

Abstract:

The analysis of the annual macrocycles of runners Jan Pernica and David Mařašovský of the Czech 800 m.

Objectives:

The analysis and evaluation of the annual macrocycles of the top-performance runners Jan Pernica and David Mařašovský within the monitored macrocycles and their subsequent comparison with model values.

Methods:

The analysis of training documentation and evaluation of general and special training indicators (GTI, STI). The comparison of the chosen special training indicators and the relating performance of both runners with model values.

Results:

The results provide the information on the load nature and volume in the selected specific training indicators in particular mesocycles

Key words:

analysis, 800 m run, training, top performance level, athlete, macrocycle, mesocycle, special training indicators (STI), general training indicators (GTI)